



4C CARING CITIZENS COMMITTED TO HEALTHY COMMUNITIES

HIGH RIVER, ALBERTA

 **4C** *The Future, Have A Hand in Tomorrow* 

www.infokiosk.ca

2011 Jan 4

Attendees: *Marianne Dickson, Karen LaValley, Debbie Layne MacLeod, Nicole Warin, Stacey Christianson*

Meeting commenced at 9:35am. Stacey Christianson chaired the meeting and all shared Christmas events

1. **Minutes** - Debbie-Layne moved December minutes be accepted.
2. **Additions to Agenda** –none
3. **Secretary and Communications coordinator** – discussed need for these two positions as Carol MacMillan has resigned. **ACTION:** Stacey will approach Pam if she could take on role of communication coordinator in addition to her co-chair duties. **ACTION:** February agenda item: call for secretary. _Responsibilities are:
 - o Supported by lead agency
 - o Keeps contact lists up to date
 - o Manages correspondence on behalf of the coalition e.g. emails.
 - o Keeps accurate minutes of all regular meetings
 - o Inform members of meetings
4. **Treasurer's Report** – see attached. Balance of \$2,100.39. Wild Rose Connection submitted invoice for \$2500 requesting the balance of the Stroke Funds from AHS. **ACTION:** Karen will forward for processing.
5. **Health & Wellness Fair January 15** at the Memorial Centre from 12-5. Two shifts available: 11am-2pm for set up: **Karen & Debbie Layne**; 2-5pm for take down: **Marianne & /or Nicole or Stacey**. Booth ideas: banner, place cards and folders, Go2 Balls, ?draw (update: Karen met with Cynthia and registered table for 4C; there are 16 tables thus far)



2011-05-13

6. Action Groups

- a. **Information Awareness and Outreach-** Stacey discussed strategies thus far and will be setting up meeting with her committee. Sandra to check into website for 4C and possibility of linking to Town and info kiosk. 50 folders about the 4C coalition being compiled. Suggestion to pursue 4C advertising in coffee shops, hair salons, professional offices etc. by putting up posters (to be created) and circulating price cards.
- b. **Heart Healthy Action Team-**
 - i. **Science in the Cinema** –Wales theatre Saturday February 6 @ 2 pm. Stroke prevention focus “Diving Bell and the Butterfly.” Advertising forthcoming
 - ii. **Free skate/swim** – Started up in October. November attendance for skating more than doubled over last year.
 - iii. **Community Stroke Project Evaluation** –Evaluator Sharlee Dunn held focussed discussion with heart healthy action team members Dec 14 at hospital. Also doing key informant interviews in January.
 - iv. **Health Fair** – January 15 action team will support coalition to have a table
 - v. **Budget** – Final funds for stroke project have been requested by fiscal agent (\$2500)
 - vi. **4C folders being compiled**
 - vii. **Next Meeting:** Tuesday January 11 09:30-11:00 at SNAPS everyone welcome!

Other heart healthy suggestions: Suggestions for a Run e.g. on Canada Day or partner with Friendship Run

Exercise Resource list for seniors

Coffee sleeves with 4C promotion (Karen to bring in an example from Southport)

7. Early Childhood Development Mapping –

- Debbie-Layne sent in proposal on time, (many thanks on a well done job) requesting funding for coordinator to work with mapping project Next ECD meeting January 12 @1330 lower level, Town office. Everyone welcome.

7. Fluoride Varnish clinics in High River for 12-24 month age group. Nicole shared she is working on promoting this in the rural south area. This Service is offered in urban setting. Suggestion made to advertise through interagency meeting when the time comes. The clinic will run out of High River Public Health. This program will not be advertised to the general public but will come mostly via referrals from agencies that work with at risk families. Nicole will keep us posted on progress of this clinic

8. “Families Galore” carnival fun day, February 26 at Foothills Composite High School. Special Guest: Terry Grant from “Mantracker” Marianne circulated posters.

Marianne moved to adjourn @11:15 am.

Next Meeting Tuesday February 1 @ 9:30 -11:00 in the library craft room.

